

**SIDE SLEEPING PILLOW**

**Background of the Invention**

The present invention relates generally to pillows for sleeping, and more particularly, to a pillow for those who sleep on their side and may have shoulder problems or the like as a result thereof.

Multiple orthopedic conditions can be created or exacerbated by postural contortions during sleep. When sleeping, a person commonly uses a pillow for supporting the head and neck areas. The thickness of the pillow required for proper support varies from person to person because of shoulder width, head and neck size and weight. Moreover, the required thickness and support of a pillow depends on how the person is orientated when sleeping, such as whether a person's shoulders are horizontal or vertical. In the horizontal shoulder position, less support is required than in the vertical shoulder position because of the varying distance between the position of the head adjacent to the bed surface depending on the position of the shoulders. Failure to provide the proper support of the head and neck while sleeping can result in a stiff neck and/or shoulders. These conditions may become exacerbated with a chronic side sleeper due to restricted blood flow to the shoulder, neck, upper back and arm.

Some people commonly sleep with two pillows laid on top of each other to increase the height of support that is provided. Such increased height may generally provide better support when the person's shoulders are in the vertical position, since the person's head is further away from the surface of the bed. However, restricted blood flow may still result to this side-sleeper's shoulder, neck, upper back and arm.

The need for proper support of the person's head and neck while sleeping has long been recognized. However, known pillows and support devices have not been able to solve the problems associated with proper support while sleeping, especially for one who sleeps on their side. Accordingly, it is an object of the present invention to provide a pillow that overcomes the deficiencies of the current practices whereby a side sleeping pillow is provided that gives the

proper support for one who sleeps on their side.

It is another object of the present invention to provide a side sleeping pillow that is adjustable to the user's sleeping orientation.

It is yet another object of the present invention to provide a side sleeping pillow that enables unrestricted blood flow to the user's head, neck shoulders and arms.

Still another object of the present invention is to provide the user the opportunity to use their own pillow with the side sleeping pillow case of the invention.

These and other objects, features and advantages of the present invention will be clearly understood through a consideration of the following detailed description.

#### Summary of the Invention

According to the present invention, there is provided a side sleeping pillow combination. The combination includes a main pillow cushion having an underside, a front and a rear edge, and a pair of side edges. A side pad is adjacent each of the main pillow side edges and is capable of folding under the main pillow to provide a space between the pads that traverses the underside of the main pillow from the front to the rear edge.

#### Brief Description of the Drawings

The features of the present invention, which are believed to be novel, are set forth with particularity in the appended claims. The invention, together with the further objects and advantages thereof, may best be understood by reference to the following description taken in conjunction with the accompanying drawings, in the several figures of which like reference numerals identify like elements, and which:

Figure 1 is a perspective view of the side sleeping pillow constructed in accordance with the principles of the present invention.

Figure 2 is a top plan view of the side sleeping pillow of Figure 1.

Figure 3A is an end view of the side sleeping pillow of Figure 1 shown in partial cross-section along lines 3A-3A of Figure 2.

Figure 3B is a perspective view of a corner of the pillow of Figure 3A showing the typical stitching used to construct the pillow in accordance with the principles of the present invention.

Figure 4 is an end view of the side sleeping pillow of Figure 1 showing a user positioning his arm out of the top end thereof.

Figure 5 is a perspective view of the side sleeping pillow of Figure 1 showing a user positioning his arm out of the side thereof.

#### Description of the Preferred Embodiment

The present invention provides for a side sleeping pillow allowing for unrestricted blood flow to the user's shoulder, neck, upper back and arm. Turning to Fig. 1, where a perspective view of the pillow system 10 made in accordance with the principles taught herein has been illustrated. From Fig. 1 it can be understood that the preferred embodiment of the present invention includes a main pillow cushion 12 and a plurality of pads (14, 16, 18, 20). In a preferred embodiment of the invention which has been shown on Fig. 1, the means for flexibly attaching the main pillow cushion 12 with the pads (14, 16, 18, 20) includes a case 22. However, it will be understood that other means for coupling these elements have been contemplated, such as stitching or velcro™ and the like.

Referring now to Figs. 2 and 3A, it will be understood that the preferred embodiment of the invention includes a main pillow cushion 12 of the typical dimensions of approximately 16" wide by 25" long by 4" high. Each of the pads (14, 16, 18, 20) of the preferred embodiment are approximately 6 ½" wide by 8" long by 3" high. The end view of Fig. 3A illustrating how the side pads fold under the main pillow cushion 12 to create arm channels for the side sleeper's arm. More particularly, when the left end pads 24 are folded under, left side arm channel 26 is created between pads 14 and 16 and the main pillow 12 and the bed. Similarly, when the right end pads 28 are folded under, right side arm channel 30 is created between pads 18 and 20 and the main pillow 12 and the bed. Then, when both the left end pads 24 and the right end pads 28 are folded under, main arm channel 32 is created between arm pads 24 and 28 and the main pillow 12 and the bed.

The present invention has been designed to use the individual side sleepers preferred pillow as the main pillow cushion 12. As such, the pillowcase 22 is capable of holding the preferred pillow within its cotton and nylon zippered area. Pillowcase 22 is the typical stitching 34 variety, see Fig 3B, and as such provides the means to keep the pillow and pads separate from one another and the associated spacing or arm channels open. The pillowcase allows the flexibility for easy laundering and allergen-free usage (because the user is capable of using their own pillow in the event of specific fabric or fill hypersensitivity). Alternatively, the main pillow cushion may be of the typical poly fill variety, and in any event the corner pillows (14, 16, 18, 20) are preferably of the typical poly fill 36 variety.

The side sleeping pillow of the present invention provides the user with at least two positions to place their arm when sleeping on their side. Fig. 4 illustrates a side sleeper 38 with their arm 40 comfortably extending out of the main arm channel 32 when the left end pads 24 and the right end pads 28 are folded under the main pillow 12. Alternatively, Fig. 5 illustrates the side sleeper 38 with their arm 40 comfortably extending out of the left side arm channel 26 when the left end pads 24 and the right end pads 28 are folded under the main pillow 12. Obviously if the user desires to sleep on their back, the left end pads 24 and the right end pads 28 are not folded under the main pillow 12 and the user sleeps on their main pillow 12 as usual.

While a particular embodiment of the invention has been shown and described, it will be obvious to those skilled in the art that changes and modifications may be made therein without departing from the invention in its broader aspects, and, therefore, the arm in the appended claims is to cover all such changes and modifications as fall within the true spirit and scope of the invention.